

DECEMBER 2021

Marion Local High School



Happy Holidays!

This institution is an equal opportunity provider.



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

All meals subject to change based on product availability

Popcorn Chicken
Mashed Potatoes
Corn
Fruit
Dinner Roll
Milk **1**

Chili Soup
Baby Carrots
Crackers
Butter Bread
Fruit
Milk **2**

Breakfast Pizza
Yogurt
Salsa
Fruit
100% Fruit Juice
Milk **3**

Chicken Fajita/Rice
Tortilla Chips
Romaine Lettuce
Refried Beans
Cheese & Salsa
Fruit
Milk **6**

BBQ Rib Sandwich
Cheesy Potatoes
Steamed Broccoli
Fruit
Milk **7**

Chicken Patty Sandwich
Corn
Fresh Broccoli
Fruit
Cookie
Milk **8**

Pepperoni Pizza
Iceberg Lettuce
Bell Peppers
Fruit
100% Fruit Juice
Milk **9**

Sloppy Joe Sandwich
Baked Chips
Baby Carrots
Fruit
Milk **10**

Chicken Nuggets
Green Beans
Celery Sticks
Dinner Roll
Fruit
Milk **13**

Mini Corn Dogs
Baby Carrots
Baked Beans
Fruit
100% Fruit Juice
Milk **14**

Chicken Drumstick
Mashed Potatoes
Coleslaw
Dinner Roll
Fruit
Milk **15**

BBQ Pork Sandwich
Peas
Coleslaw
Fruit
Mini Rice Krispies Treat
Milk **16**

Chicken Quesadilla
Romaine Lettuce
Corn & Bean Salsa
Fruit
Jonny Pop
Milk **17**

Taco Meat
Doritos/Tortilla Chips
Iceberg Lettuce
Cheese & Salsa
Fruit
Teddy Grahams
Milk **20**

Chicken Tender Wrap
Lettuce & Tomato
Baked Beans
Fruit
100% Fruit Juice
Milk **21**

Pizza Ripper
Green Beans
Fruit
Sidekick
Milk **22**

No School! **23**



No School! **27**

Menus may change due to issues with product availability **28**

No School! **29**

No School! **30**

No School! **31**